

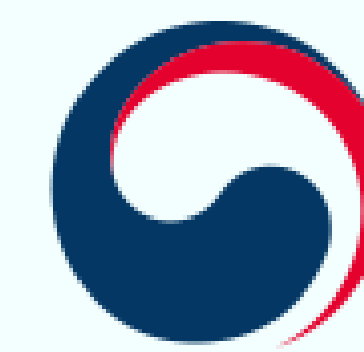
# Mind-Body Modalities for Healthcare Workers in the COVID-19 Pandemic

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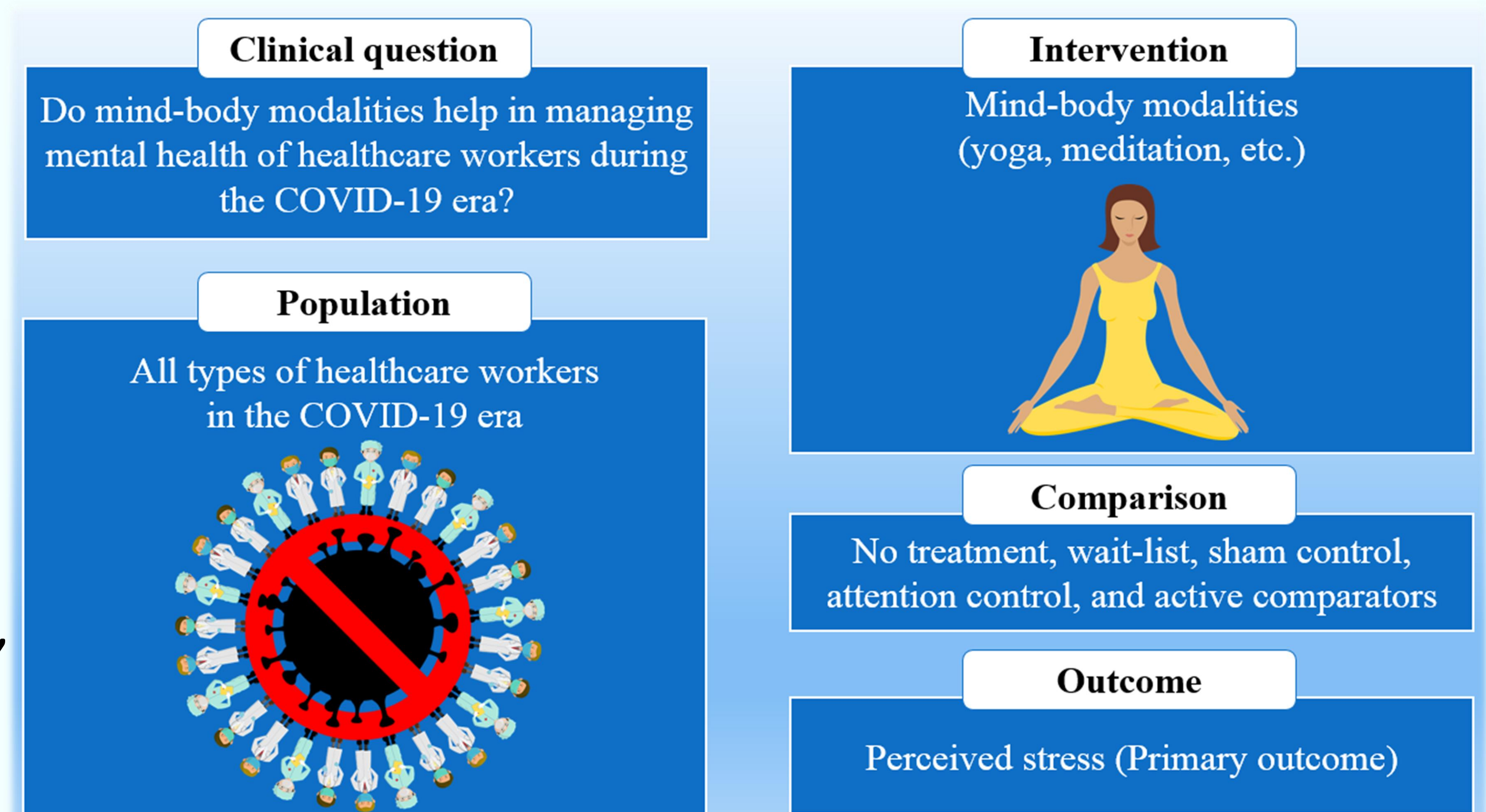
Ministry of Science and ICT

## [Introduction/Objectives]

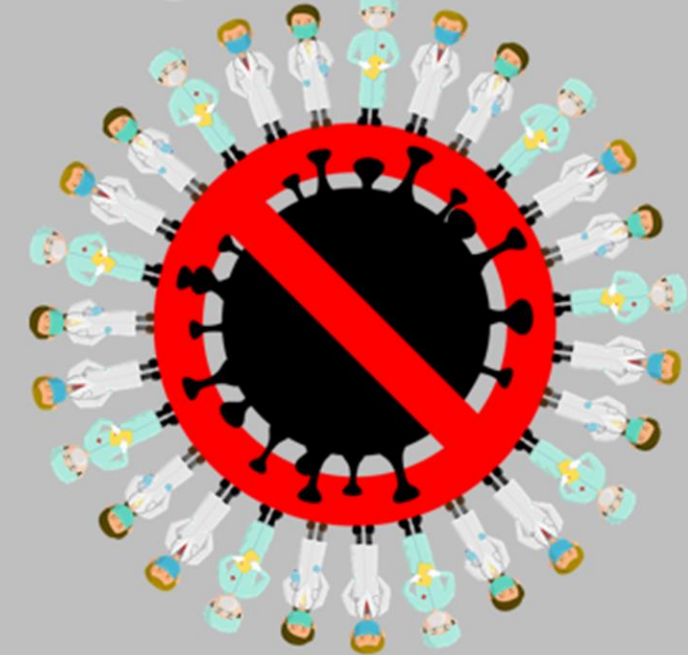
- Healthcare workers (HCWs) have suffered physical and psychological threats since the beginning of the COVID-19 pandemic.
- Mind-body modalities can reduce the long-term adverse health effects associated with COVID-specific chronic stress.
- This systematic review aims to investigate the role of mind-body modalities in managing the mental health of HCWs during the COVID-19 pandemic.**

## [Methods]

- A comprehensive search was conducted using six electronic databases (Medline, EMBASE, CENTRAL, CINAHL, AMED, and PsycARTICLES).
- Given the urgency of COVID-19, we included **all types of original prospective intervention studies of mind-body modalities for HCWs**, including randomized controlled trials (RCTs), non-randomized controlled clinical trials (CCTs), and before-after studies, from 2019 to September 2021.



Healthcare Workers during the COVID-19 Era



18 original studies

5 RCTs

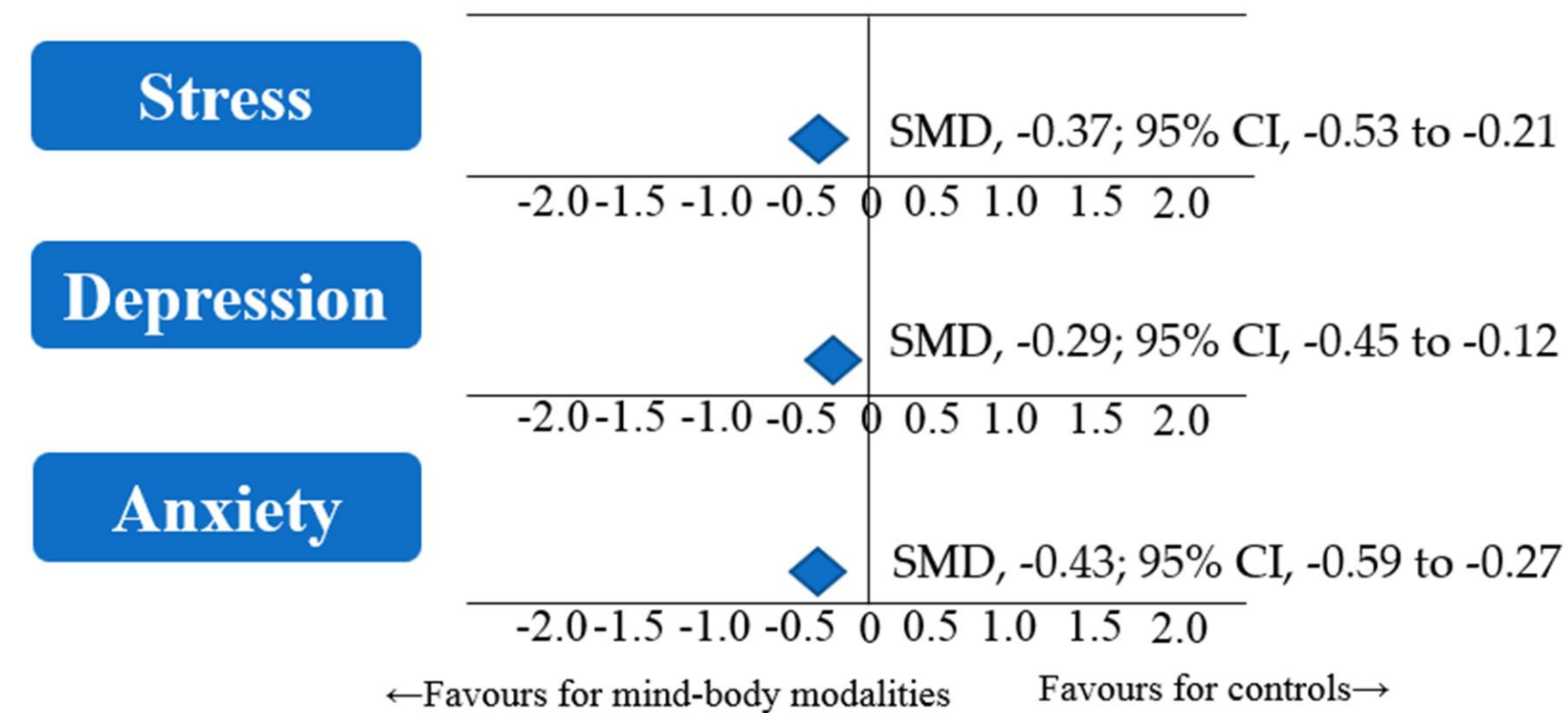
4 CCTs

9 before-after studies

Mind-body modalities

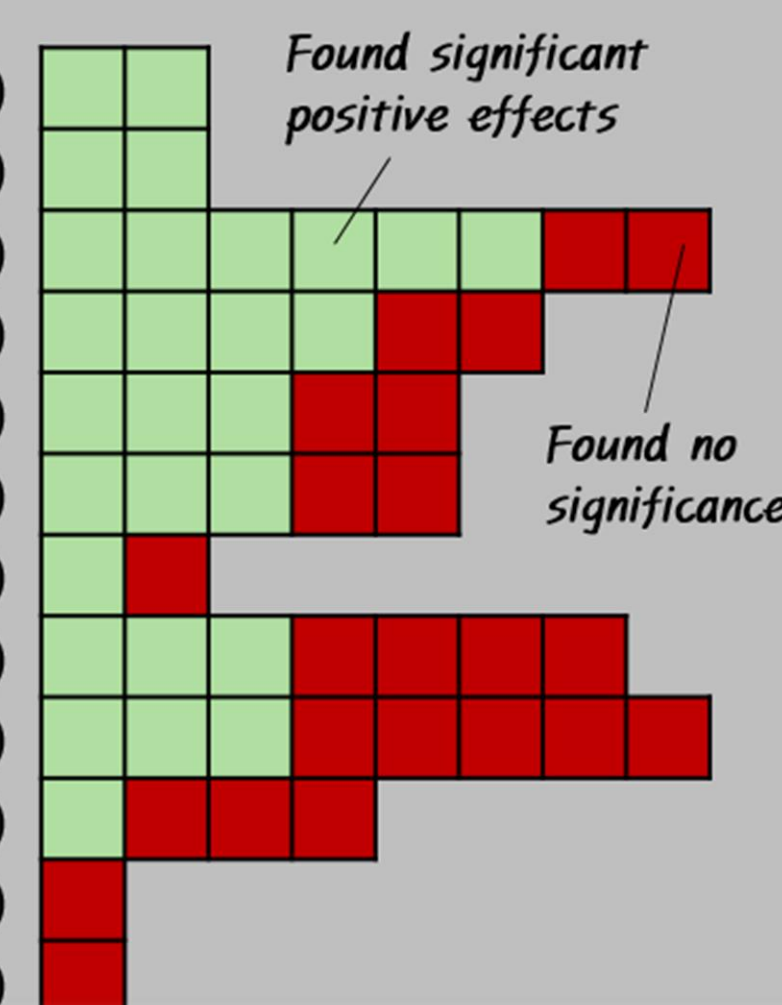


### Meta-analysis



Outcomes and number of included studies reporting significant positive effects of mind-body modalities:

- ✓ Self-compassion (100%)
- ✓ Quality of life (100%)
- ✓ Perceived stress (75%)
- ✓ Resilience (66.67%)
- ✓ Burnout (60%)
- ✓ Insomnia (60%)
- ✓ Well-being (50%)
- ✓ Anxiety (42.86%)
- ✓ Depression (37.5%)
- ✓ Mindfulness (25%)
- ✓ Psychological trauma (0%)
- ✓ Self-efficacy (0%)



## [Results]

- A total of 18 clinical studies, including **five RCTs**, were included in this review.
- Meta-analysis showed that mind-body modalities significantly improved the **perceived stress of HCWs (SMD, -0.37; 95% CI, -0.53 to -0.21)**.
- Some mind-body modalities had significant positive effects on psychological trauma, burnout, insomnia, anxiety, depression, self-compassion, mindfulness, quality of life, resilience, and well-being, but not psychological trauma and self-efficacy of HCWs.

## [Conclusion]

- This review provides data supporting the potential of some mind-body modalities to improve the mental health including perceived stress of HCWs during COVID-19.**
- However, owing to poor methodological quality and heterogeneity of interventions and outcomes of the included studies, further high-quality clinical trials are needed on this topic in the future.

### [Acknowledgement]

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### [Notice]

This study was published in a journal, Healthcare (Basel). This following QR code will allow you to access the full-text.



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